

PST/INTERVIEWS FOR GREAT NECK, NY

The PST coordinator schedules PST Time and Location. Submit your online PST Request via seal website, your request will be processed with other candidates in your geographic location:

https://www.seal.navy.mil/seal/pst_request.asp

NOTE: YOU WILL NOT BE SCHEDULED FOR THE PST UNTIL YOU HAVE BEEN CLEARED BY BUD/S MEDICAL. PLEASE READ AND FOLLOW THE STEP-BY-STEP GUIDELINES:

https://www.seal.navy.mil/seal/bec_enlisted.asp

Time

1115

LOCATION

Ohara Hall, Just inside main gate on left-hand side

DIRECTIONS

From GW Bridge: Take Cross Bronx Expressway to Throgs Neck Bridge. Stay right onto Cross Island Parkway South. Take Northern Blvd. exit East (2nd exit). Travel about 3 miles and take left fork onto Great Neck Road. Follow this road over railroad bridge and continue on along Bayview Ave. and Kings Point Rd. (the road changes names) to Steamboat Rd. (entire distance is approx. 3 miles). Turn left onto Steamboat Rd. and proceed to Academy main gate. Inform the guard that you are there for the physical screening test in Ohara Hall (which is the gym, located just inside the main gate to your left).

From Verrazano Bridge: Get off bridge onto Brooklyn-Queens Expressway (BQE). Follow BQE to the Long Island Expressway (48th St.). Take Long Island Expressway East to Little Neck Parkway. Exit expressway and turn left at traffic light onto Little Neck Parkway. Follow for one mile to Northern Blvd. Turn right onto Northern Blvd. and go 5 blocks to

Great Neck Rd. See from Great Neck Rd. above for final directions to Academy.

From Eastern Long Island: Take Long Island Expressway West to Exit 33 (Community Drive). Follow Community Drive to East Shore Rd. to Hicks Lane (from Community to Hicks is the same road it just changes names) to Middle Neck Rd. Go right onto Middle Neck Rd. to Steamboat Rd. (very next light). Turn left onto Steamboat and follow straight into Academy main gate

GEAR LIST

Candidates are required to arrive 15 minutes early with the items listed below:

The original approved special request chit

Service and Medical Record

Military identification card

T-shirt, dungarees or cammies, and boots for **SEAL**

candidates

T-shirt, shorts, and running shoes for **SWCC candidates**

Swimsuit and towel

Drinking water

Upon Successful completion of the PST

Candidate will be interviewed, IAW MILPERSMAN 1220-150.

Interview requirement items:

- (1) Uniform of the day
- (2) The original approved special request chit
- (3) Military ID
- (4) Service record
- (5) Medical record
- (6) Wavier(s) (See Waivers)

NOTE:

Cancellations or rescheduling of a scheduled PST can be Requested via

Email: <mailto:PSTCoordinator@navsoc.navy.mil>